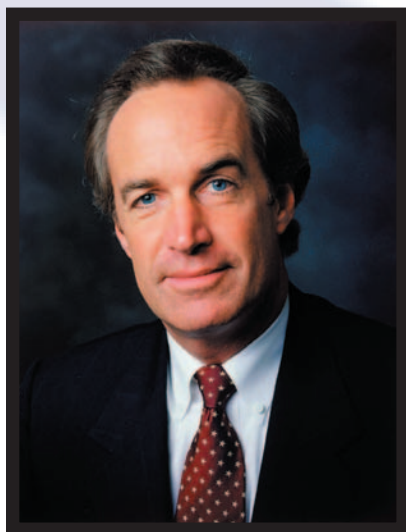




Idaho Commission on Aging • idahoaging.com
2004 Annual Report

A MESSAGE FROM OUR GOVERNOR



November 10, 2004

Dear Friends:

As the Chairman of the National Governors' Association, I challenged my peers in Statehouses across our nation to highlight in their State of the State speeches the need to prepare for the long-term care challenges that we will face as our citizens age. I will lead the way by offering a strategy to our legislature in January 2005.

The Idaho Commission on Aging (ICOA) has the primary responsibility of providing information, resources and services to our older citizens. The six Area Agencies on Aging, and an extensive aging network in Idaho's 44 counties are building coalitions and partnerships to encourage seniors to recognize opportunities that will improve their

health, financial resources and build a stronger community support system.

I am confident that the 207,000 Idahoans age 60 and older and 69,000 who are between ages 55 and 59, will continue their quest for aging with dignity, but also to remain active and independent. In fact, I believe they will insist on it.

ICOA is working for a brighter, healthier future for our seniors through partnerships between the Older Worker Program and the Department of Commerce and Labor; the Medicare Education Program and the Department of Insurance; the Health Promotion program with the Area Agencies on Aging and the regional Health Districts; and with the Alzheimer's Disease grant project involving many not-for-profit organizations. The collaborative efforts of the ICOA are making cost-effective services more available to Idaho's seniors.

The personal commitment shown by our Commission's staff and the aging network is appreciated. Thank you for your efforts to assure that Idaho's seniors can safely lead vibrant, healthy and productive lives.

Sincerely,

A handwritten signature in black ink, appearing to read "David L. Sorenson".

A MESSAGE FROM OUR ADMINISTRATOR



Dear Governor Kempthorne:

This FY 2004 Annual Report for the Idaho Commission on Aging highlights the efforts of the ICOA staff, Area Agencies on Aging, and others who are part of the aging network, to meet the needs of seniors in Idaho. This has been another difficult year financially for the ICOA and its aging network, just as it has for other agencies.

Funding provided to the AAAs by the ICOA comes from state and federal government through the Idaho Senior Services Act and the Older Americans Act. Though a great deal of good has been accomplished by careful stewardship and collaboration with resources, waiting lists for seniors to receive services are continuing to increase. Changes in demographics are impacting our ability to provide services to those in need. In several programs, the aging network provided services to fewer individuals due to increased costs and more difficult cases involving the “older” old.

ICOA and its partners will continue to provide the most cost-effective safety net possible for Idaho seniors. We pledge to continue to distribute financial and technical resources to the AAAs, where the services can be provided in the least expensive way to help seniors remain in their chosen communities. The home and community-based services provided by this aging network develop resources for the entire population and also are valuable sources of employment for rural communities.

In this FY 2004 report, we report on the challenges and victories of receiving a grant to develop a program in two Areas for the caregivers of persons with Alzheimer’s Disease. During FY 2004, ICOA requested and received a grant for \$230,438 annually, for three years, to assist people with Alzheimer’s Disease, and their caregivers, to deal with this cruel and devastating “stealer of the mind.” We received two smaller grants to assist with health promotion in our more rural areas. ICOA also planned the 2004 Governor’s Conference on Aging “Aging Well, Living Well” held in September 2004.

ICOA staff and I appreciate the opportunity to serve seniors and their families, and Idaho, as a part of the Idaho Commission on Aging.

THE IDAHO COMMISSION ON AGING

The Idaho Commission on Aging (ICOA) is a state government agency under the oversight of the Executive Office of the Governor. The ICOA administers and ensures compliance of federally funded programs under the Older Americans Act, which was reauthorized in 2000.

Through a statewide network of six Area Agencies on Aging, the ICOA provides many benefits and services to the 205,810 plus people in Idaho over the age of 60. This population continues to grow, with those 75 and older being the fastest growing segment from 2001 to 2002.

Thousands of dollars are spent each year to provide a wide array of services to older Idahoans from adult protection to transportation services. These services are delivered through the six Area Agencies covering all 44 counties in Idaho.

While older people continue to be ICOA's primary concern, their families and communities remain a focus. As we move forward, the ICOA with the help of the six Area Agencies on Aging will continue to provide innovative and valuable services to older Idahoans, their families, and communities.

OUR BOARD

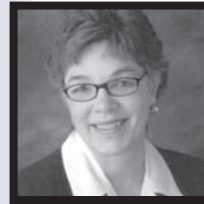
Powers and Duties

1. Serve as an advocate within state government and the community for older Idahoans;
2. Serve as an advisory body regarding state legislative issues affecting older Idahoans;
3. In accordance with chapter 52, title 67, Idaho Code, promulgate, adopt, amend, and rescind rules related to programs and services administered by the commission;
4. Enter into funding agreements as grants and contracts within the limits of appropriated funds to carry out programs and services for older Idahoans;
5. Conduct public hearings and evaluations to determine the health and social needs of older Idahoans, and determine the public and private resources available to meet those needs;
6. Designate "planning and service areas" and area agencies on aging in accordance with the Older Americans Act and federal regulations promulgated thereunder. The commission shall review the boundaries of the "planning and service areas" periodically and shall change them as necessary;
7. On or before the first day of December in each year, submit a report to the governor and the legislature of its accomplishments and recommendations for improvements of programs and services for older Idahoans;
8. Administer and perform any other related functions or activities assigned to the commission by the governor.



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Area II

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Expires: July 2005



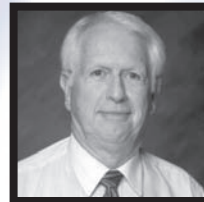
Area III

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PROGRAMS AND SERVICES OF IDAHO'S AGING NETWORK

ADULT DAY CARE is a community-based group day care program designed to provide a variety of health, social, and support services in a protective setting.

ADULT PROTECTION (AP) workers investigate reported allegations of financial exploitation, physical abuse, neglect (including self-neglect), and abandonment of vulnerable adults (persons aged 18 and older).

CASE MANAGEMENT primarily assists informal caregivers of frail individuals and older individuals with multiple service needs to access in-home and community-based services that can help prevent premature or inappropriate institutionalization.

CHORE PROGRAM involves minor home repairs and seasonal property maintenance delivered to frail older individuals who are home-bound.

CONGREGATE MEALS are hot meals served primarily at senior citizen centers.

FRIENDLY VISITING is performed by individuals (usually volunteers) who visit or read to an older person in the older person's home.

HEALTH PROMOTION provides nutritional counseling, education, fitness and exercise, mental health screening, medication management, and wellness programs, as well as information on other health services.

HOME-DELIVERED MEALS are nutritious hot, cold, or frozen meals delivered to the homes of older home-bound individuals who have limited capacity to prepare a nutritionally balanced meal for themselves.

HOMEMAKER PROGRAMS provide assistance to frail or home-bound older persons with

housekeeping, laundry, essential errands, and meal preparation.

INFORMATION AND ASSISTANCE is a telephone or "walk-in" service which older persons or their family members can access to find out about programs and services available in their community.

LEGAL ASSISTANCE is legal advice, counseling, or representation by an attorney, or other person acting under the supervision of an attorney, for older individuals with economic or social needs.

NUTRITIONAL EDUCATION provides information related to diet and health in the form of printed material or presentations.

OLDER WORKER PROGRAMS help low-income, unemployed seniors regain their economic independence and self sufficiency.

OMBUDSMAN PROGRAM staff acts as advocates for the elderly, investigating complaints and responding to requests for assistance from older individuals living in long-term care facilities.

OUTREACH PROGRAM identifies older persons in the community who are not receiving services or benefits to which they are entitled.

RESPIRE provides primary caregivers of frail home-bound individuals an occasional break from their caregiving responsibilities.

TELEPHONE REASSURANCE personnel call participants at a certain time of day to check on their well-being.

TRANSPORTATION ASSISTANCE is available in communities throughout the state for older persons who have no other means of transportation.

PROGRAMS AND SERVICES OF IDAHO'S AGING NETWORK

CHORE

Frail seniors who are able to maintain their independence and remain in their own homes often need assistance with minor home repairs and seasonal property maintenance. Chore services are provided in the Area Agency on Aging in Area III. During FY 2004, this Area Agency reported that it was able to assist 339 persons with requests for Chore services. The need for Chore assistance is much greater than available funding permits. Due to lack of funds, the five remaining Area Agencies on Aging are unable to fund this program. However, the committed employees of the six Area Agencies on Aging seek donations of time, labor and materials to deliver chore services for those in greatest need where funding is insufficient to match the demand for services.

CASE MANAGEMENT

Case Management is a multidisciplinary approach to administering in-home services and community-based programs to older individuals and informal caregivers. Through contractual agreements with the ICOA, Idaho's six Area Agencies on Aging (AAAs) are responsible for the direct provision of case management services.

The success of this program is largely due to the AAAs' highly dedicated teams of qualified professional case managers with backgrounds in social work, counseling or a related health care field. These teams are committed to assisting the elders

in Idaho communities to obtain the services needed to maintain the greatest degree of health, safety, and independence in their own home or their home community for as long as possible.

Those in need of supportive services work one-on-one with an AAA case manager to develop and implement a plan that establishes an array of in-home and community-based services to complement and give continued support to the informal assets of the older individual, or informal family caregiver. The development of this plan and implementation of services is aimed directly at preventing premature or inappropriate institutionalization of the older individual, or caregiver recipient.

As Idahoans age, many will be faced with one or more multiple functional limitations to their activities of daily living that will necessitate the need for in-home and community-based services. One of the most frequently stated desires of people as they age is the desire to stay in their own homes for as long as possible. The Case Management program is an essential link in the support system that assures this common desire will remain an option.

During FY 2004, 12,745 older Idahoans participated in a confidential one-on-one meeting for professional assistance in the planning and making of important decisions about their future. Unfortunately, due to lack of available and affordable services and insufficient funding, there were 217 eligible individuals waiting for case management services and a waiting list for 233 needing

supportive services at the end of FY 2004.

The booming population growth in Idaho communities includes large numbers of "Baby Boomers" with increased life expectancies. Current funding and support systems will not meet the needs of this rapidly growing population as they age. Lack of adequate funding and availability of supportive services may lead to increased health and safety risks and costly premature or inappropriate institutionalization of older Idahoans.

HOMEMAKER

The Homemaker program is available to frail seniors who need assistance with laundry, meal preparation, and light house cleaning in order to maintain their health and independence while living in their own home. Informal caregivers of frail seniors may also be eligible for Homemaker services for respite purposes.

Authorization, maintenance and management of Homemaker services are administered through the Area Agency on Aging (AAA) Case Management Program. An AAA Case Manager conducts an in-home assessment of the client's situation prior to authorization for services. Client eligibility is determined through use of this formal assessment. Priority for service delivery is given to those determined to be in the greatest need. Cost to the client is based on a sliding fee scale with consideration given to income and out-of-pocket medical expense.

Information gathered from the in-home assessment is used to develop a Supportive Services Plan (SSP) that clearly outlines the homemaker

services authorized to compliment the abilities of the client. Idaho's Area Agencies on Aging reported 6,780 clients benefited from Homemaker services during FY 2004. Due to ever-increasing demand, most Area Agencies now have a waiting lists for this service.

INFORMATION & ASSISTANCE

Information & Assistance (I&A) is a service that helps older individuals, disabled adults, their family members, and informal caregivers to understand their situation and make informed decisions about their future. I&A programs are traditionally the first point of contact for people in the community who are searching for information or referrals to social service providers. People in need or preparing for future needs can contact an I & A Specialist for a direct referral, access assistance, or to research community assets that can best alleviate or eliminate that need.

FY 2004 was a year for increased awareness and enhancement of services to the expanding population of older adults and the informal caregivers of frail seniors nationwide. Without exception, the I&A program for aging Idahoans is on board with this movement. The I&A program is the primary referral source for older adults and their informal caregivers and is utilized by the vast number of Idaho's service providers such as 211, Medicaid, and Department of Health and Welfare Family Services

In December 2003, the Medicare Prescription Drug Improvement and Modernization Act became law. Starting in the spring of 2004,

people with Medicare became eligible to enroll in a Medicare-approved discount card program. Idaho's I & A Specialists quickly responded to the enormous demand for assistance among older adults and the informal caregivers of frail seniors. They also joined the coordinated efforts across the United States to effectively create awareness, educate beneficiaries about the new drug card and assist eligible beneficiaries with the complicated decision of selecting the Drug Discount Card to best suit their needs.

Idaho's Area Agencies on Aging place emphasis on expanding awareness to caregivers and helping them recognize their own role and needs as caregivers. As a key part of this effort, I&A Specialists have updated their resource databases with the most current and useful information on opportunities and services available to the caregiver population. Intensive service delivery to caregivers through the I&A program has proven to be a tremendous help in strengthening a broad gateway to productive and well-coordinated access services and working relationships among the Area Agencies, caregivers, and social service providers.

As with all services under the Older Americans Act, there is no charge for I & A services. However, tax-deductible donations are accepted and encouraged from those who can afford to make them.

CONGREGATE AND HOME-DELIVERED MEALS

Under the Older Americans Act, the Nutrition Services Program is the largest and most visible, federally funded community-based nutrition program

for older adults. Through the Idaho Commission on Aging (ICOA) and the Area Agencies on Aging (AAAs), Title III-C of the Older Americans Act and the Idaho Senior Services Act provide funding for congregate and home-delivered meals, nutrition screening and nutrition education.

The congregate meal program provides nutritious meals in a group setting such as senior or community centers, churches or schools. Supportive services, such as transportation, physical activity programs, nutrition education, health screening, and health promotion are also available at the congregate meal sites. These services enhance participants' health and well-being as well as provide positive social interaction.

In FY 2004, congregate meal providers in Idaho served 647,108 meals to eligible individuals. Over the past six years in Idaho, the number of congregate meals served has declined each year. This has also been the trend nationwide.

As with congregate meals, home-delivered meals help increase the nutrient intake of older adults. The home-delivered meals program provides a nutritious meal to home-bound older individuals who are frail, unable to independently prepare meals themselves and unable to participate in a congregate meal program. Home-delivered meal participants tend to have more health problems than congregate meal participants. Access to home-delivered meals often allows older individuals to remain in their homes and communities, which contributes to their quality of life. Good nutrition helps older adults remain healthy and independent in their communities.

In contrast to congregate meals, the number of home-delivered meals served in Idaho has increased overall in the past six years. Rising prices for food, supplies and fuel are an increasing impact on home-delivered meal providers. The demand for home-delivered meals will continue to increase as a result of health care cost containment and rapid hospital discharge. During FY 2004, Idaho provided 569,372 home-delivered meals to eligible individuals.

Thanks to the caring volunteers of Idaho who deliver these meals, individuals participating in this program receive an added benefit of a frequent friendly check on their well-being. Volunteers are encouraged to report any health or other problems that they may observe during their visits. Recipients of home-delivered meals also benefited from related services including assessment, nutrition screening and nutritional education information.

Participants in these nutrition programs are offered the opportunity to make voluntary contributions toward the cost of each meal. Contributions received go directly into the nutrition program. However, current funding does not meet the rapidly growing need for Home Delivered Meals. As a result, there are still underserved areas of the state.

RESPIRE

The Respite care program is designed to provide mental, emotional, and physical relief to the primary caregiver of a frail older individual. Services are sub-contracted through Idaho's six Areas Agencies on Aging that administer and/or provide the service with federal and, sometimes, state funds. The pro-

gram is further expanded through use of volunteers who graciously donate their time. These volunteers are trained and screened for a suitable match to the respite needs of the caregiver.

Respite is defined very broadly and there are several types of respite care available to caregivers. If a particular service will provide mental, emotional, and physical relief to the primary caregiver, it can often be characterized as "respite." Respite care can be delivered in the home or at a facility such as an adult day care center. Program flexibility is of great importance as each caregiver situation is slightly different.

Service authorization, maintenance and management are administered by Area Agency on Aging (AAA) Case Managers after a full assessment is conducted and respite assistance is determined to be appropriate and necessary. Individual Supportive Service Plans are developed and authorized based on the best interest of the care recipient and the type of respite that will best suit the caregiver's needs. The goal of the program is to relieve informal caregivers of their normal daily tasks of caregiving.

To be eligible for respite services, the caregiver must be the primary caregiver of a frail individual age 60 or older.

Through volunteer and paid services, the Idaho Area Agencies on Aging authorized and delivered intermittent relief of daily caregiving tasks to 1,163 eligible caregivers during FY 2004.

TRANSPORTATION

The Older Americans Act and Idaho Senior Services Act, through the Idaho Commission on

Aging (ICOA) and Area Agencies on Aging (AAAs), provide funding to defray some of the operating costs for transportation services to Idaho's seniors. Typically, the AAAs might contract with local senior centers, public transportation providers or non-profit agencies for the provision of transportation services. For seniors with no other means of transportation, this service allows them access to services and to their communities. The Older Americans Act allows the transportation service provider to solicit voluntary contributions for the service, but no eligible older individual can be denied service if they cannot or do not contribute.

In FY 2004, 179,840 one-way trips were provided to Idaho seniors. The Idaho Commission on Aging staff recently completed a statewide sample of satisfaction surveys for transportation clients during on-site reviews at each Area Agency on Aging. Over the past two years, surveys were conducted in person with seniors in their homes or while traveling with them as they utilized transportation services.

The ICOA found that services vary throughout the state. In smaller communities, transportation services may only be available once or twice per week, and a trip to a larger town is scheduled once a month. In larger communities, service may be available 5 days per week, but may have restricted hours. In each instance, 24-48 hours advanced scheduling is generally requested for door-to-door service. The limited availability creates barriers for those without other options to schedule medical appointments and participate fully in the community.

Overall, those interviewed were satisfied with their transportation services and were grateful for

the resource. For some, transportation provided through the AAA is their only means to access the community and they would be isolated without it. Other seniors may still drive limited amounts or rely on family, friends and neighbors to assist them with transportation needs. Of the clients surveyed, the ICOA found some seniors were able to supplement the AAA transportation services with assistance from their children who live in close proximity. Interestingly, their children are upcoming or young seniors themselves, but do not have family near enough to assist them with their future transportation needs.

In the near future, the upcoming baby boomers will also be faced with the challenge of accessing alternative transportation services if they no longer drive and do not have informal family or other supports. The increase in this potential pool of seniors needing transportation assistance will challenge Idaho's current system to meet their needs.

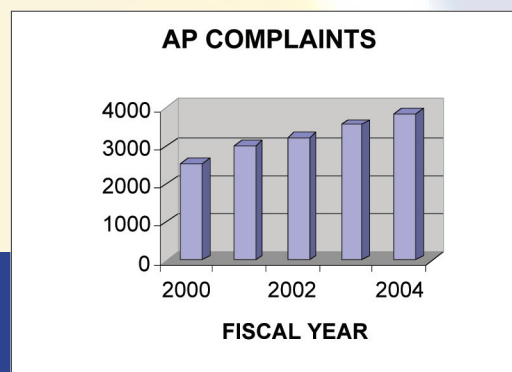
IDAHO'S ADULT PROTECTIVE SERVICES: PROTECTING VULNERABLE ADULTS

Adult Protective Services ("APS") investigates reports of abuse, neglect, and exploitation involving vulnerable adults and takes remedial measures to reduce or eliminate the abusive, neglectful, or exploitative situation. Often times, the neglectful situation involves "self-neglect." According to Idaho Code Section 39-5302(8), self-neglect is the failure of a vulnerable adult to provide food, clothing, shelter or medical care reasonably necessary to sustain his life and health.

For example, one APS unit recently received a report involving an elderly woman who left a hospital against medical advice. When the APS investigator arrived at the home to look in on the woman, she discovered that the woman was unable to care for herself, had no food in her home, and refused to consider an alternative living arrangement. The investigator assessed this woman as high priority for in-home services and immediately referred her to the Case Management unit for home-delivered meals. The investigator also contacted Medicaid personnel and requested that they perform an in-home assessment for Personal Care Services. Although the client

allowed Medicaid personnel to perform the assessment, she would not allow a stranger to enter her home to provide the actual services. Fortunately, the APS investigator was able to locate a neighbor whom the client trusted and who was willing to become an in-home provider of Personal Care Services. Because of the investigator's dedication and perseverance, the client's needs are now being met and she is thriving.

The number of reports of abuse, neglect, and/or exploitation continues to increase. In FY 2004, Adult Protective Services received 3,857 reports involving alleged abuse, neglect and/or exploitation of a vulnerable adult and completed 2,442 investigations of abuse, neglect, and/or exploitation complaints (30 percent of which involved self-neglect). Of the investigated complaints, Adult Protective Services was able to gather sufficient evidence to substantiate an estimated 26 percent. Approximately 87 percent of vulnerable adults in substantiated cases had the risk of further harm or injury reduced or eliminated.



IDAHO OMBUDSMAN REPORT FISCAL YEAR 2004



The federally mandated Long-Term Care Ombudsman program is charged with protecting the health, safety, welfare, and rights of older residents in long-term care facilities in each of the United States, Guam, and Puerto Rico. The Idaho program began in 1972 as one of five pilot states and today serves older residents in nursing homes, assisted living facilities and those older Idahoans receiving long-term care services in the community.

For the first time in Idaho Ombudsman history, complaints involving assisted living residents outnumbered those complaints made by or on behalf of nursing home residents by 21%. This increase is due in part to the fast growth of the assisted living industry in our country and in Idaho.

Much of 2003 was spent participating in the “Residential and Assisted Living Workgroup” initiated by the Department of Health & Welfare to revise and formulate

statutes and rules that will promote a better assisted living product for Idaho consumers.

A volunteer Ombudsman program is being piloted in the Area VI Agency on Aging in Idaho Falls. A volunteer training manual and marketing plan has been developed and six volunteers have been recruited with the assistance of a Vista volunteer. It is hoped that this program will be implemented throughout the entire state ombudsman program in the near future.

- 3,173 complaints were investigated and closed—a 5% increase over 2003
- 1,353 visits were made
- 248 public presentations were made to the general public and to facility staff—an 11% increase
- 467 consultations were given to facilities
- 915 consultations were given to individuals

Facility staff lodged the greatest number of complaints. Seventy-three percent of complaints were verified and 64% were resolved or partially resolved.

IDAHO'S OLDER WORKER PROGRAM



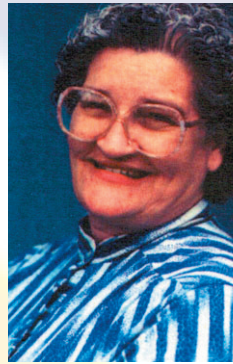
ICOA's Senior Community Service Employment Program (SCSEP) serves unemployed seniors, age 55 years and older, who have limited financial resources. Many have not worked outside the home for many years or have outdated skills. The program helps seniors obtain the training and work experience they need to successfully compete for jobs. Economic independence and self-sufficiency are the goals.

The program provides professional help to identify the personal strengths that could be used in a new job, employment planning, skill training, work experience and job placement services.

Each year, the U. S. Department of Labor ranks all state and national grantees for their (1) success in placing seniors in jobs, and (2) for service performance (the number of seniors enrolled relative to each grantee's funding level). This year, Idaho ranked second in the nation with a placement rate of 58.2% - less than one percent away from top-ranked Utah with a 59.04% placement rate. Idaho also excelled in the "service performance" category by achieving

high enrollment levels that resulted in a ranking of seventh in the nation.

Governor Dirk Kempthorne announced Idaho's 2004 "Outstanding Older Worker of the Year"—Marie Buckley Fish from Post Falls, Idaho. Mrs. Fish, 68 years old, has devoted her life to family, meaningful work, and learning. After raising seven children, at 53 years of age she earned her Bachelor's degree and became a National Association of Radio & Telecommunications (NARTE) certified engineer.



Community service is a theme very central to Marie's life. She has served in leadership positions in Girl Scouts, Boy Scouts, 4-H, Girls Softball and PTA. She loves to travel, write, and study genealogy. Her greatest challenge came when one of her daughter's kidneys failed. Unable to donate her own kidneys, Marie searched for ways to increase public awareness of juvenile diabetes. She organized a "Walk to Cure Diabetes" to raise funds for the Juvenile Diabetes Research Foundation, the first to be held in North Idaho.

In her current position at the Post Falls Senior Center, Marie has taken one of the leading roles in helping the Center become the first nationally accredited senior center in the Pacific Northwest.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

The National Family Caregiver Support Program (NFCSP) provides federal funding to States and Area Agencies on Aging (AAAs) to provide services for caregivers. For purposes of the NFCSP, a caregiver is defined as (1) an adult family member or other individual who is an informal provider of in-home and community care to an older individual age 60 or older, or (2) a grandparent, step-grandparent or other relative, related by blood or marriage, age 60 or older, who lives with and is the primary caregiver of a child 18 years or younger.

Who is a caregiver? Whether you are providing 24-hour direct care, part time care, or coordinating others who do so, you are a caregiver. To one degree or another, you are responsible for another person's well-being. Often, people do not recognize themselves as caregivers, it is a responsibility they have taken on for family and friends.

Caregivers who care for elder relatives and friends frequently ignore their own needs. The job of caregiving can be an emotional roller coaster. On one hand, caring for a loved one can be a very rewarding experience as it demonstrates love and commitment. On the other hand, exhaustion, worry and

continuous care demands are very stressful and may negatively impact the caregiver's health and well-being.

Caring for yourself is one of the most important things you can do as a caregiver. When your needs are taken care of, the person you care for will also benefit. Here are several suggestions frequently made to caregivers.

CAREGIVER SURVIVAL TIPS

1. Plan ahead.
2. Learn about available resources.
3. Take one day at a time.
4. Develop contingency plans.
5. Accept help.
6. Make your health a priority.
7. Get enough rest and eat properly.
8. Make time for leisure.
9. Be good to yourself.
10. Share your feelings with others.

During the past year, Idaho's six Area Agencies on Aging provided many services to caregivers with funds from the NFCSP. Four hundred and eighty-eight group meetings, health fairs, or other events were held statewide to inform the public about the

NFCSP. Over 4,000 persons in Idaho were provided information about caregiving and/or assistance to access services in their communities. One of the services caregivers received was respite. Respite is a service that provides the caregiver temporary relief from the responsibilities of caregiving. Eight hundred and eighty-seven Idaho caregivers received 31,824 hours of respite through the NFCSP over the past year. The time off allowed these caregivers to go shopping and

run other necessary errands, rest, exercise, conduct volunteer work, work at a part time job, take a weekend vacation, take time off to have some minor surgery, or attend a grandchild's baseball game. For more information on available caregiver services, contact the Idaho Commission on Aging (ICOA) or an Area Agency on Aging located in your area. Visit the ICOA website at www.idahoaging.com for more information on caregiving.

GRANDPARENTS RAISING GRANDCHILDREN IN IDAHO

For the past two and one-half years, the Idaho KinCare Coalition (Coalition), a network of statewide agencies and private individuals, coordinated by the Idaho Commission on Aging, has worked statewide to create public awareness and support for grandparents and other kin who are raising relative children. The effort has helped to create: (1) support groups around the state, (2) a website with pertinent information and helpful links, (3) laws which help grandparents and kin to create more secure relationships and environments with the children in their care, and (4) a network of knowledgeable people.

A recent survey conducted by the Coalition reports that there are current-

ly about 300 families represented at support group meetings and many others who are helped through the Information and Assistance programs of the Area Agencies on Aging and other agencies.

SUPPORT GROUPS—THE HEART OF THE GRANDPARENTS AS PARENTS INITIATIVE

Support groups serve Idaho grandparents and kin who are in crisis. Because of substance abuse, family violence, incarceration, teen pregnancy and neglect, many grandparents and other kin find themselves desperately looking for help. At support groups these grandparents and other relatives discover they are not alone and that over



time there is hope for creating a stable environment for their grandchildren. Support groups are a source for knowledge gained from experience among members. Support groups are safe places to vent anger, frustration and fear. Support groups have access to resources to benefit children through various agencies. Support groups consult with each other. Support groups are the first place many grandparents who are raising their grandchildren part-time or permanently can feel at ease with their situation. For the location of Idaho support groups, tip sheets and other useful information, go to the Idaho Commission on Aging website, grandparents raising grandchildren page, at http://www.idahoaging.com/programs/ps_caregiverGAP.htm

LAWS HELP FAMILIES AND COURTS DECIDE WHAT IS BEST FOR CHILDREN

Two laws were passed by Idaho's Legislature in the past two years, which can result in enhanced authority for relatives and other

responsible adults to conduct day-to-day activities on behalf of the children in their care. First, an updated Power of Attorney allows for a parent to grant Power of Attorney to a relative or other designated adult for up to three years at a time. The second law declares that a relative who has been acting as the primary caregiver and provider (de facto custodian) of a child over a designated period of time will be given equal opportunity to that of the parent, to express concerns and interests in court proceedings determining what actions are in the best interests of the child. The new law also requires that the courts appoint a Guardian ad Litem (an attorney to represent the child) for all minors in guardianship cases. Though these laws are in effect they are not well known or utilized.

For information about the Coalition contact Linda Dripps, Chairperson, at the Canyon County Organization on Aging, kincare@spro.net

AREA AGENCIES ON AGING

The majority of local services administered by the Idaho Commission on Aging (ICOA) are managed by the six Area Agencies on Aging (AAAs). The AAAs are available to offer needed assistance, supportive service and advice to seniors. The AAAs are staffed with workers dedicated and skilled in various fields such as social work, management and access to community resources.

The AAAs can assist older citizens and their families, neighbors and friends with many issues including: providing care for an older relative; creating care plans; investigating reports of abuse or neglect; concerns over care facilities; and recommending recreational, social and educational opportunities.

The Area Agencies are responsible for

administration and management of sub-contracts for additional services. These contracted services include: homemaker, chore, respite, transportation, outreach, congregate and home-delivered meals, legal assistance, medication management, caregiver training and support, dental access for dentures, adult day care, and other special services.

The services are sub-contracted through a process of request for proposals and bids. The reason for using sub-contractors is to build service capacity in communities for all people needing assistance.

The AAAs, like ICOA, act as advocates for the aging and help to keep Idaho's older citizens active and independent in their own communities.

LIVING WELL IN YOUR COMMUNITY



AREA I

Idaho Program Recognized for Best Practices in Nutrition and Aging

Shelly Johnson and Pearl Bouchard, the Director of Aging and Adult Services (AAS) of North Idaho (Area I Agency on Aging in Coeur d'Alene), attended the 2004 Joint Conference of the American Society on Aging and The National Council on the Aging. In collaboration with Pfizer Medical Humanities Initiative, the American Society on Aging selected seven programs from across the country to be recognized as demonstrating high quality and innovation. Selection for the award was based on:

- Innovation in the health and aging network.
- Effectiveness in changing behaviors to improve nutritional status.

- Suitability to be replicated across the country.

The partnership between Idaho's Area Agency on Aging and University of Idaho Extension, the Senior Extension Nutrition Program (SENP), was one of the seven programs selected to receive an award.

Older adults with varying degrees of malnutrition are found throughout north Idaho. A needs assessment conducted in 2002 by AAS identified 349 individuals, 46 percent of their in-home service recipients, at high nutritional risk. Recognizing that poor nutrition can lead to weight loss, lessened immunity to disease, and increased health care costs, AAS dedicated its health promotion resources to addressing the needs of this group.

University of Idaho Extension in Kootenai County is a recipient of AAS health promotion

resources. These funds are being used in conjunction with District 1's Extension Nutrition Program (ENP), Idaho's Food and Nutrition Services Food Stamp Nutrition Education Program, to provide nutrition, money management, and food safety education tailored to suit the unique needs of seniors living in their homes. Nutrition Advisors, trained by University of Idaho Extension, travel to AAS clients' homes to provide educational lessons in the following areas:

- The importance of a healthy diet for long-term health.
- Planning meals using the Food Guide Pyramid.
- How to prepare quick, low-cost and nutritious meals.
- The health benefits of eating fruits, vegetables, and whole-grain foods.
- Medications/health conditions that affect appetite.
- Implications of sudden weight gain or loss.
- How to make eating alone a pleasant experience.
- The importance of washing hands, kitchen surfaces, and kitchen utensils.
- Managing money to make it last throughout the month.

Pre/post testing indicates that behaviors and attitudes about food intake have changed significantly due to participation in

SENP. For example, participants increased the number of times per day they were eating, with 40% in the post test eating four times each day. The post test indicated a significant increase in the number of participants preparing foods in a way that makes them easier to chew and swallow—up from 33% to 40%. An astounding increase in the number of fruit servings eaten per day was achieved; the pre test measured 52% of participants eating two or more servings with the post test measuring 73%. Vegetable servings showed an even larger improvement from 29% to 73% of participants eating three or more servings each day. Eating three servings of calcium rich foods each day increased from 43% pre to 73% post test.

Through the support of health promotion funding from AAS, SENP will continue to function in the five northern counties in Idaho. However, District 1 ENP oversees ENP in the ten northern counties of Idaho and strongly desires to expand SENP into the remaining counties in the district. On a larger scale, University of Idaho Extension is very active throughout the state of Idaho with ENP operating in 27 counties in the state. This emphasis of growth in promoting programs in aging is in response to National Extension's emphasis on aging in America. It will take a mutual effort on the part of University of Idaho ENP and Area Agencies on Aging, or specific staff knowledgeable in the field of aging, to expand this program.

This program is innovative because AAS identified an organization providing a service to young families and expanded the organization's definition of families to include seniors. Although hard to believe, it is not uncommon for institutions, organizations, and businesses to omit grandparents or seniors from their definition of family member. Through creative and consistent efforts, such as the partnership between AAS and ENP, this non-inclusive pattern of defining families can be broken. Also, to make a lasting impact on high risk, home-bound seniors, AAS recognized an intervention was needed that coupled nutrition education with home visitation. ENP, wanting to expand its reach, partnered with AAS to provide a highly creative, necessary, and valuable health promotion program that has proven to better the lives of the seniors it touches.

AREA II

Program: Nat'l Family Caregiver Program: Caregiver Support

LinkAge: Senior Peer to Peer Counseling Support for the Family Caregiver

During 2004, Area II continued development of the LinkAge Senior to Senior Peer Counseling Program (LinkAge), an AmeriCorps project designed to offer peer counseling and mentoring services to seniors. This program was created

during 2003 when a group of emerging-elders began to design and implement a transformation in the way that the citizens of north-central Idaho (and eastern Washington) respond to aging issues.

This core group developed a vision for aging that has powerful implications for all ages. In fact, LinkAge's mission is to enrich life for all ages. With purpose, passion and grace, LinkAge envisions and embraces opportunities for a new life of unexplored choices through life-long learning for all ages, most especially, the family caregiver.

During 2004, Area II and LinkAge sponsored several community events. The "12 Keys to Spiritual Vitality" seminar was held at St. Gertrude's Monastery in Cottonwood, Idaho in July. This seminar provided insight into the true meaning of adult lifelong spiritual growth. Participants immediately experienced a shift in outlook, attitude and perceptions about themselves as a maturing people in a youth-centered culture.

Another seminar, "Body * Mind * Spirit" was also held at the Monastery during



September. This seminar explored the vital connection between body, mind and spirit

Participants discovered “God’s Thumbprint” on their lives by identifying their major virtues and learning how to formulate a plan for implementing them. Participants also met the challenging aspects of the virtues and learned strategies to offset the effect on physical, mental and spiritual health and growth.

AREA III

*Southwest Idaho Area 3 Agency on Aging
30 Years Serving Our Seniors 1974–2004*

Thirty years ago Area Agencies on Aging started serving seniors here in Idaho. Senior centers were created to help keep seniors informed and active in the community. The Congregate and Home Delivered Meals programs were created to ensure a nutritional safety net for seniors. Programs and services have evolved over the years to keep pace with older Americans’ most pressing needs and desires.

The Southwest Idaho Area III Agency on Aging celebrated the 30 year anniversary with a training conference on Validation Therapy. Dave Jett, Lois Bauer, Bill Brewer, Ken Wilkes and Ivan Simonsen presented information about how senior services have evolved and what changes Idahoans might expect to see in the future. At the conclusion of the training participants celebrated by listening and dancing to the first, second



Dave Harris was recently selected the recipient of the Annual Roy Watson Award from AAA III, honoring a volunteer who works tirelessly for senior issues.

and third place winners of the Battle of the Bands.

This past year Area III’s Health Promotion Program initiated “Walk Across Idaho”, a program to encourage increased physical activity and better nutrition. Within the first month, 15 of the area’s 28 senior centers joined in the initiative and 112 seniors enlisted. Many service provider agencies have also joined the program. One of the senior centers walked 368,869 steps in the first month (18% of the goal in 8% of the time). By the end of March, participants had walked over 7 million steps. “Walk Across Idaho” received national recognition from the Administration on Aging in May 2004 as part of Older Americans Month.

With funding from a demonstration grant awarded to the Idaho Commission on Aging

by the Administration on Aging, SWI3A has helped develop the “Stand By You” program to serve individuals with Alzheimer’s Disease or dementia, and their families. New and vital partnerships with faith-based and corporate organizations have been formed, thanks to “Stand By You”, to provide a comprehensive network of free services, support groups and caregiver training.

AREA IV:

Agency on Aging

This past year, the Area IV Agency on Aging was true to the Older Americans Month theme of “Living Well, Aging Well,” particularly by its active involvement in the second year of the Magic Valley Senior Games. The AAA helped as a sponsor, oversaw the new institutional walking program, and volunteered time. Some 400 people participated this year, more than double the number in 2003. The event also involved nearly 200 volunteers, many of whom were also seniors. The number of events increased this year to 15. They included such diverse events as bicycle racing, bocce ball, bridge, half marathon, institutional facilities walking, swimming, and track and field. Participants were required to be over 50 years of age. Most were over 65, and a good many were seniors in their mid-80s. The Magic Valley Senior Games was designed to promote healthy lifestyles for seniors, through fitness, sports, active lifestyles and athletic compe-

tition. People came from not only south central Idaho, but also Boise, Idaho Falls, Washington state and Oregon.

In addition to the competitive activities, 50 seniors living in long term care facilities, were involved in a new walking program. Each person pledged to walk a certain distance at her/his respective facility in the two weeks preceding the start of the Games. Five different living areas (at three institutions) were involved. These walkers competed only with themselves. All of these people walked more than they had been used to. Results varied from one woman who walked 72 miles, to an older man, who is largely confined to a wheel chair, who was able to manage 3.5 miles with the use of a walker. Opening and closing ceremonies were held at each living area. Each person was presented with a participation medal. The walkers were very enthusiastic. Additional facilities have indicated an interest in joining next year.

AREA V

Agency on Aging

The Curlew Valley Community Center opened its doors and welcomed everyone with an Open House on September 9th. The Curlew Valley Community Center is a multi-generational center serving senior citizens and youth housed in the Stone Elementary School which serves children Kindergarten through 3rd grade. The Center is sponsored through a partnership among Oneida County



School District 351, SICOAG Area Agency on Aging, and the Americorps VISTA program. The Curlew Valley Community Center is supported by Pocatello Regional Transit (PRT) providing public transportation in the valley. Dr. Stephen Johnson and Mark Udy, PA, of Malad provide support with the Curlew Valley Medical Clinic also housed in the Stone Elementary School. The Idaho State University (ISU) Senior HealthMobile provides complementary services to seniors residing in the Curlew Valley.

Stone, Idaho is located 4.5 miles north of Snowville, Utah, and 37 miles west of Malad, Idaho. The Curlew Valley is geographically isolated from the nearest medi-



cal care (available in Malad, Idaho and/or Tremonton, Utah). The ISU Senior

HealthMobile Program Partners include Idaho State University Kasiska College of Health Profession, Area V Agency on Aging, and Idaho Rural Health Education Center of Mountain States Group, Inc. The ISU Senior HealthMobile is a mobile team providing health and wellness services.

The ISU Senior Health Mobile is designed to increase the recruitment and retention of health care providers in rural areas. Idaho State University Health Professions advanced level students and faculty provide wellness and healthy lifestyle screening, evaluation, and referral as appropriate within communities in southeast Idaho. Mobile health and wellness services are being provided in Bannock, Bingham, Caribou, Franklin, and Oneida counties. Future service areas in southeast Idaho include Power and Bear Lake counties. The ISU Senior HealthMobile also provides annual physicals for participants of the Foster Grandparent and Senior Companion programs in south central Idaho.

AREA VI

Area VI's primary focus in 2004 for its Grandparents Raising Grandchildren program was centered on targeting the rural areas. We tried a different approach by calling the event a "Gathering" in hopes to eliminate the stigma that is often associated with "Support Group". We initiated our efforts in Salmon with the first Dutch Oven Gathering and were able to reach out to

local grandparents who desperately needed information and support. We were thrilled when fifteen of our grandparents and grandchildren from the Idaho Falls Grandparents Raising Grandchildren Support Group volunteered their time and traveled to Salmon to show their support.

During our next event in Ashton we were able, with the help of local church leaders, to identify numerous grandparents raising grandchildren in the area.

We targeted the Driggs area last and we were happily surprised with the large turn out. The Driggs Dutch Oven Gathering was a huge success due to the support we received from local community partners. Although the weather was unpredictable, everyone huddled around the Dutch ovens to keep warm. This gave everyone the opportunity to talk in a very relaxed setting about the available programs and services.



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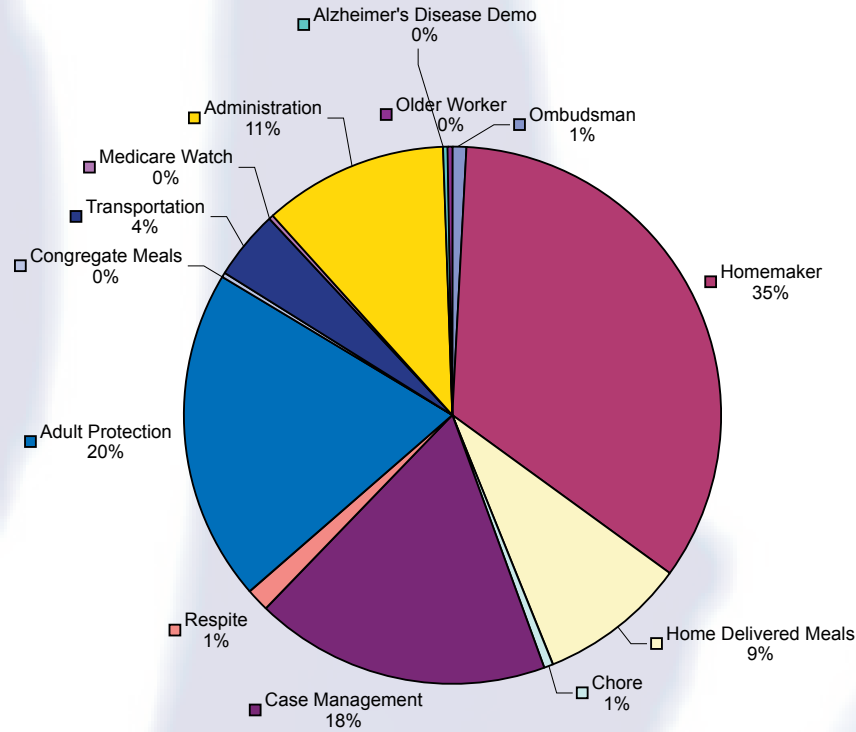
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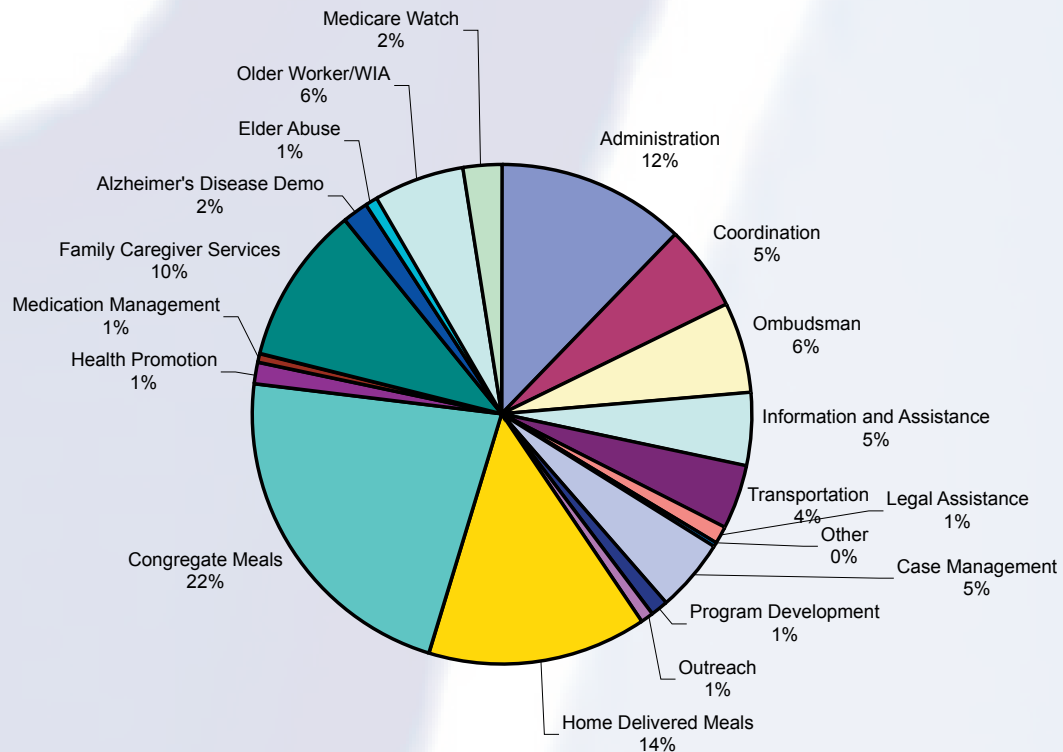


Area Programs:

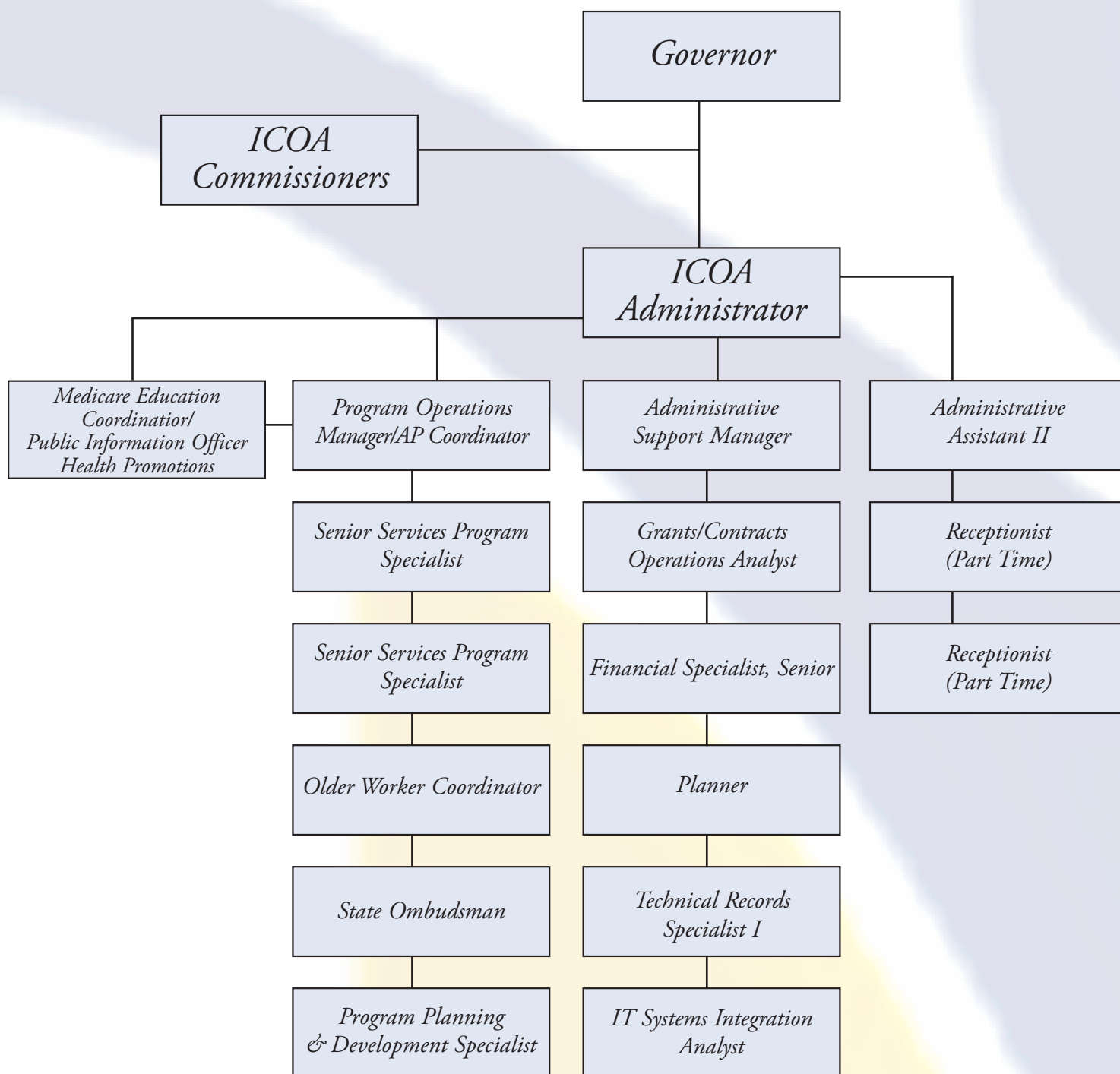
STATE FUNDS BY PROGRAM



FEDERAL FUNDS BY PROGRAM



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